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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

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FREE “GUIDING GOOD CHOICES” PARENTING PROGRAM OFFERED

FREDERICK, MD -- Do you want to learn tips for helping your pre-teen and early teen navigate the sometimes challenging world of friends, family and school? Do you want to help your child learn to deal with peer pressure and improve communication skills? If so, sign up for the free, five session “Guiding Good Choices” parenting program being held at the Frederick County Health Department.

The “Guiding Good Choices” program offers parents information on setting guidelines, teaches constructive ways to handle anger and provides techniques to strengthen family connections. The program is designed for parents of children ages nine to fourteen and has been shown to be effective in helping parents prevent and reduce teen substance use.

The next class begins Tuesday, May 8th from 6:00 – 8:00 p.m. at the Frederick County Health Department, 350 Montevue Lane, Entrance D: Room 2-139. The class meets for five consecutive Tuesdays and is provided free of

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For more information about the “Guiding Good Choices” parenting program or to register, please call the Frederick County Health Department, Behavioral Health Services Division at 301-600-1755 or email Todd Crum at tcum1@FrederickCountyMD.gov.

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